

Please amend claim 5 as follows:

5. (Amended) The abdominal exerciser of claim 1, wherein the projections are formed of a mineral capable of emitting far infrared rays, and the abdominal exerciser further comprises a thermal keeping plate below the flexible plate, for keeping the temperature of the abdomen, the thermal keeping plate including a plurality of permanent magnets arranged therein.

Please amend claim 7 as follows:

7. (Amended) The abdominal exerciser of claim 1, further comprising a pair of grips at both ends of the flexible plate.

**PLEASE ADD THE FOLLOWING CLAIMS:**

8. The abdominal exerciser of claim 2, wherein at least one male screw is fixed to the top surface of the flexible plate, and the weight applying means is at least one weights to be engaged with the male screw.

9. The abdominal exerciser of claim 2, wherein the weight applying means comprises a filling for providing weight, and a weight retainer fixed to the top surface of the flexible plate, for holding the filling therein, and the filling comprises metal or mineral.

10. The abdominal exerciser of claim 2, wherein the projections are formed of a mineral capable of emitting far infrared rays, and the abdominal exerciser further comprises a thermal keeping plate below the flexible plate, for keeping the temperature of the abdomen, the thermal keeping plate including a plurality of permanent magnets arranged therein.

11. The abdominal exerciser of claim 2, further comprising a pair of grips at both ends of the flexible plate.